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welcomes restaurateur
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on Friday

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Ottawa metro

Being a mom has
made me so tired.
And so happy.
- Tina Fey



LEGO MAN OF STEEL
5 things to look out
for this weekend
metroNEWS



Your essential daily news | WEEKEND, MAY 12-14, 2017

High 17°C/Low 8°C Partly cloudy  

Quebec Premier Philippe Couillard and Gatineau MP Steve McKinnon look on as Prime Minister Justin Trudeau speaks to media after a tour of a flooded area of Gatineau, Thursday. THE CANADIAN PRESS



GET USED TO IT

Trudeau on climate change: 'A 100-year storm is maybe going to happen every 10 years now' metroNEWS

Anti-abortion event's flag taken down at city hall

'OUTRAGED'

Mayor wants review of proclamation, flag-raising policies

 **Alex Abdelwahab**
Metro | Ottawa

A flag supporting an anti-abortion event was raised at city hall Wednesday morning only to be taken down by 3 p.m.

Now Ottawa Mayor Jim Watson is asking the city clerk and solicitor Rick O'Connor to review the city's proclamation and flag-raising policies.

The controversy started after the city proclaimed March for Life Day, coinciding with the March for Life rally, an anti-abortion event that happens every year in Ottawa on May 11.

Though the city has made the same proclamation before, this year's ceremony included the raising of a flag bearing the words "National March for Life" on one of the flagpoles in front of city hall. Several city councillors signed a let-

ter demanding the flag be taken down, writing they were "outraged" a flag representing a "personal conviction to restrict a women's right to safe and legal abortion is flying on the grounds of City Hall."

This is the first time the city approved the flag raising alongside the March for Life proclamation, according to O'Connor.

In a memo to city councillors, O'Connor apologized, saying a review found the request was made by an individual: "This does not meet the criteria, and when this was discovered, the flag was taken down under my authority."

 Jeff Gunnarson of the Campaign Life Coalition, the group that requested for the proclamation and flag raising, criticized the city for taking down the flag, saying it breached the group's right to free expression.

"Obviously the policy can be interpreted any way you want as long as councillors agree with the event," he said, citing that the city flies a Pride flag every year.



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5

THINGS TO DO IN THE CITY THIS WEEKEND

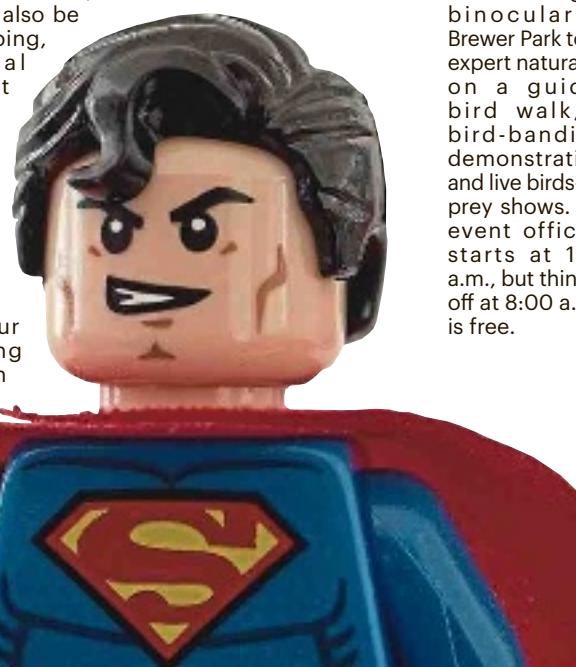
Look, up in the sky! It's the Ottawa Comiccon! But if comics aren't your thing, here's a look at all the other great activities you can check out across Ottawa.

HALEY RITCHIE METRO



1 Ottawa Children's Festival

The Ottawa Children's Festival is bringing all kinds of fun to the lawn of the Canadian War Museum this weekend from May 10 until May 14. Performing arts and interactive shows are the highlight of the festival, but there will also be rock climbing, a musical instrument "petting show" and archery.

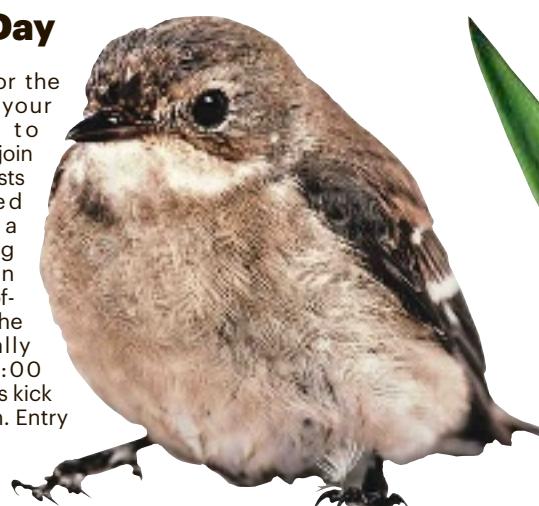


2 Ottawa Comiccon

Riverdale, Harry Potter, Dr. Who, Gotham, X-Men: no matter your fandom, you'll find something interesting at Ottawa Comiccon this weekend. The event takes place at the EY Centre from Friday to Sunday, with special guests, cosplay and vendors.

3 Bird Day

Saturday is for the birds. Bring your binoculars to Brewer Park to join expert naturalists on a guided bird walk, a bird-banding demonstration and live birds-of-prey shows. The event officially starts at 10:00 a.m., but things kick off at 8:00 a.m. Entry is free.



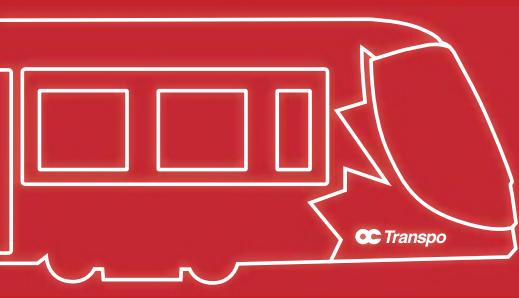
4 Tulip Festival

Ottawa's tulips can't be beat by snow or frost. This weekend kicks off the annual festival, which lasts until May 22. The colourful varieties will be blooming all over the capital, but events are concentrated in Commissioners Park and Lansdowne Park.



5 Hell or High Water

The Ottawa Valley's annual paddlesport festival takes place this weekend on the Petawawa River. There will be fun for all skill levels and ages: kayaks, canoes, SUPs, rafts, races, demos, rock climbing, food and a riverside DJ. Festivities kick off in Petawawa's Catwalk-Centennial Park on Saturday, May 13. Races start at 11 a.m.



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Phoenix may not rise again

REPORT

Pay system could pose problems for government

Ryan Tumilty
Metro | Ottawa

A briefing on the Phoenix pay program obtained by Metro shows that if the government gets the system up and running properly, keeping it that way may be a major hurdle.

S.I. System, an outside consultant hired by the Treasury Board to review the program, delivered a report in 2016, which Metro obtained through access to information.

The company found a few problems, but concluded that overall the program was ready to launch. The report cautions that one drawback to the system was that it would be difficult to upgrade.

Phoenix is in effect a customized version of PeopleSoft, an IBM application, which was adapted to fit the unique needs



Deputy Minister of Public Works and Government Services Marie Lemay (right) and associate assistant deputy minister Rosanna Di Paola speak to reporters during a technical briefing on the Phoenix pay system on Aug. 11, 2016 in Ottawa. JUSTIN TANG/THE CANADIAN PRESS

of the federal government's 290,000 employees.

S.I. System said the customization would make for a challenge when a new version of PeopleSoft comes along.

"The long-term supportabil-

ity of the Phoenix product is also a significant concern. The number of customizations and extensions to the core PeopleSoft product suggest that upgrading to a new release will likely be a substantial effort,"

the report says.

Metro asked Public Services and Procurement Canada several questions about the review and the issue. After two days and with several inquiries, the government was

not able to respond.

Debi Daviau, president of the Professional Institute of the Public Service of Canada, which represents government IT workers, agrees that keeping the Phoenix system current could be a major challenge.

"The old system was around for 40 years and my members kept it together sometimes with Band-Aids, but it worked and it consistently worked."

Daviau said she's not sure whether future updates will cause Phoenix's old problems to re-emerge.

"It may not be the same problems, but you are going to have a new set of problems. Quite frankly, I don't think Phoenix is ever going to reach a steady state until they realize they do need my members."

SECURITY CSIS to get new head

David Vigneault, a senior government official with experience at several federal security agencies, will be the next head of the Canadian Security Intelligence Service.

Vigneault will assume the post June 19, Prime Minister Justin Trudeau announced Thursday.

Currently assistant secretary to the cabinet for security and intelligence, the career public servant takes over CSIS amid a sweeping review of the national security landscape.

The Liberals came to office with a promise to fix "problematic elements" of Conservative legislation that expanded security powers and endowed CSIS with new authority to actively derail terrorist plots.

Public Safety Minister Ralph Goodale and his officials have consulted widely on the national security legislative framework, cybersecurity and the oversight of intelligence agencies. Goodale is expected to propose changes before the House of Commons rises for the summer.

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NATURAL DISASTERS

Trudeau warns Canada about struggles ahead

Prime Minister Justin Trudeau is sounding the alarm on the frequency and intensity of natural disasters in Canada, which have pushed Ottawa's bills for federal help to \$360 million a year since 2011. The numbers clearly suggest a dramatic escalation in the frequency and severity of natural calamities, a theme Trudeau echoed Thursday after embarking on a helicopter tour of flood-ravaged western Quebec.

"We're going to have to understand that bracing for a hundred-year storm is maybe going to happen every 10 years now or every few years," the prime minister said after his helicopter tour with Quebec Pre-

mier Philippe Couillard. "We're going to have to think about what we can do to rebuild better, to rebuild in ways that are going to be more resistant, more resilient to the unpredictability we are now living."

Public Safety Minister Ralph Goodale also said Canadians will have to get used to climate change-fuelled disasters, and quickly. "The objective should be, rather than expecting to spend so much after the fact cleaning up,

we should look for all of those opportunities to invest in mitigation and adaptation before the fact so that the losses will be minimized," Goodale said.

THE CANADIAN PRESS

\$1.8B

Federal Disaster Financial Assistance funds paid to the provinces since 2010. The federal help cost for disasters is rising rapidly.



Flooded homes along the banks of the Ottawa River on Thursday in Gatineau. ADRIAN WYLD/THE CANADIAN PRESS

REAL ESTATE

Yacht Club fighting with NCC over rent

Ryan Tumilty
Metro | Ottawa

An Ottawa yacht club has been on a month-to-month lease with the National Capital Commission for decades, as the two sides try to come to terms on a new rent rate for the riverside property.

The Britannia Yacht Club has been without a longer-term lease since 1994 and the NCC is still trying to negotiate a new one with the 125-year-old club.

Through an access to information request, Metro obtained a market-value assessment of the property that the NCC did

in 2013. The assessment valued the property at \$675,000.

In 2013, an appraiser found the rent the NCC was charging the Britannia club, as well as the New Edinburgh, Rockcliffe and Lac Deschênes Sailing Club, were all too low. The New Edinburgh and Rockcliffe have signed leases, which the NCC said "reflect today's market rates."

Last year, the yacht club successfully fought its property-tax assessment in front of the assessment review board, citing the NCC's rent as a reason that the Municipal Property Assessment Corporation had inflated the value of the property.

FLOODS

Latest forecast calls for 20mm through Sunday, down from 40

Alex Abdelwahab
Metro | Ottawa

The weekend weather forecast is calling for less rain on Saturday and Sunday than was previously predicted and that is good news for flooding victims, according to the Rideau Valley Conservation Authority (RVCA).

"The longer we can go before we do get some rain, the better it is, obviously," Patrick Larson,

RVCA Senior Water Resources Technician said.

"If we do get the 20 millimetres total for Saturday and Sunday that is in one forecast, then it may turn things back up slightly," he said. "But we don't expect it will have a large impact." But, he said that if the city gets the 40 millimetres that was previously predicted there may be more problems.

The flow of the Ottawa River has diminished considerably since it reached a record high on Monday. More than 1,200 people were out of their homes in Gatineau at the height of the flooding, while in Ottawa 75 families were displaced.

Prime Minister Justin Trudeau boarded a helicopter with Quebec Premier Philippe Couillard Thursday to tour the flood

If we do get the 20 millimetres total for Saturday and Sunday, we don't expect it will have a large impact.

Patrick Larson, Rideau Valley Conservation Authority

ed areas of Gatineau and Aylmer. Trudeau urged citizens to donate to the Red Cross and said the federal government has contributed \$1 million to the Red Cross and has programs in place to assist flood victims.

Meanwhile, Couillard said the compensation ceiling for victims of Quebec's historic

floods will likely be increased and his government is considering changes to rules that bar people who rent homes from receiving government aid.

On the Ontario side, Ottawa residents have been told to document all their flood damage and save their receipts, but the Minister of Municipal Affairs has not yet activated the Disaster Recovery Assistance for Ontarians program. If activated, the program will only provide compensation for primary residents.

Ottawa Fire Services' water rescue unit rescued two people Thursday afternoon after receiving a call that they were floating on a board near Lemieux Island. Both are now reported as safe and sound.

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'Floating conversation' reaches finish line

RECONCILIATION

Heritage canoes represented Indigenous boat craft in Canada

Haley Ritchie
Metro | Ottawa

More than 70 people paddled heritage canoes on Ottawa's historic waterway on Thursday to

celebrate Canada's 150th birthday and promote reconciliation.

The Connected by Canoe Journey was a partnership between Peterborough's Canadian Canoe Museum and Community Foundations of Canada. The project uses the canoe "as a vessel for community-building, environmental stewardship, reconciliation, and conversations about Canada, past, present and future," according to the museum.

A core group of 16 paddlers left Kingston on May 3, trav-

elling eight days in a 36-foot freight canoe through Westport, Perth, Smiths Falls, Merrickville, Kemptville and Manotick.

Along the 211-kilometre journey the paddlers met with high school students, local politicians and residents to talk about reconciliation and Canada's 150th anniversary.

On Thursday the group was joined by more heritage canoes, representing styles of canoe craft from across the country.

"If you think you're going on

a canoe trip this morning, you're only partly right," said James Raffan, director of the Canadian Canoe Museum, before the final leg into downtown Ottawa.

"We've been paddling, but I think it's more a floating conversation about the future of Canada," he said.

The diverse boats were filled with people finishing the final Ceremonial Leg from Dow's Lake to downtown Ottawa, including Algonquin master canoe craftsman Chuck Commanda.



Diz Glithero and Nellie Green, 6, prepare to launch at Dow's Lake for the Connected by Canoe Journey's last leg. HALEY RITCHIE/METRO

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HOCKEY

Senators bandwagon filling up for Round 3

Ryan Tumilty
Metro | Ottawa

Another successful round appears to have finally turned up the heat on playoff fever for the Ottawa Senators.

Before the second round against the New York Rangers, tickets for a home game were available on online seller StubHub for \$57.50, but the cheapest ticket for Game 1 of the third-round series against the Pittsburgh Penguins has already reached \$105.

The most expensive seat at the Canadian Tire Centre is currently listed for \$2,000, while the most expensive ticket for the Rangers series was \$325.

John Couse, owner of the Lieutenant's Pump on Elgin, said he's definitely noticed more interest from fans. "We have much bigger crowds than we did in the

first round for sure."

He said the night Jean-Gabriel Pageau led the team to victory with a four-goal performance got a lot of people invested.

"The game that Pageau scored four goals was I think the turning point," he said. "After that game we have seen a lot of enthusiasm. It's great."

Couse said he doesn't think "anyone imagined we would be this far into the playoffs. It has taken a lot of people by surprise."



Lieutenant's Pump owner John Couse on his restaurant's patio. RYAN TUMILTY/METRO

HEALTH

Paramedics get PTSD help under new law

Alex Abdelwahab
Metro | Ottawa

At least two Ottawa paramedics have been able to access treatment for post-traumatic stress disorder since a change in provincial law last year made the process easier for first responders.

In April 2016, Ontario passed the Supporting Ontario's First Responders Act, which amended the Workplace Safety and Insurance Act. The new law recognizes PTSD in first responders as equal to any other injury they might suffer and presumes that the condition is caused by the job, which allows paramedics who have been diagnosed to access provincial benefits.

Antoine Deschamps, spokesperson for the Ottawa Paramedic Services, said there may be more paramedics who received support under the new law.

"Post-traumatic stress (presents) a lot problems including difficulty sleeping, difficulty concentrating," he said, adding that before the law change it was difficult to access support from the Workplace Safety and Insurance Board. "Now with this law, it makes it way smoother to go through the motions."

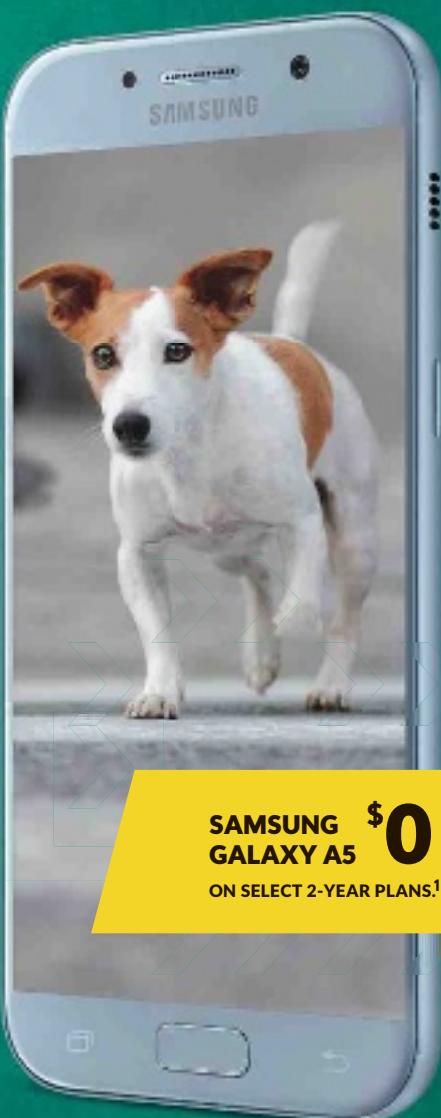
As part of the new legislation, the Ministry of Labour required emergency services to submit a PTSD Plan.

According to Ottawa's submitted plan, paramedics in the city have had access to an Employee Assistance Plan since 1982. Assistance was reviewed and expanded in 2013, and a Psychologically Healthy Workplace Roadmap was implemented in 2015. Supports under the employee assistance plan include a peer support program; Max, a two-year-old therapy dog; and mental health training for all staff.

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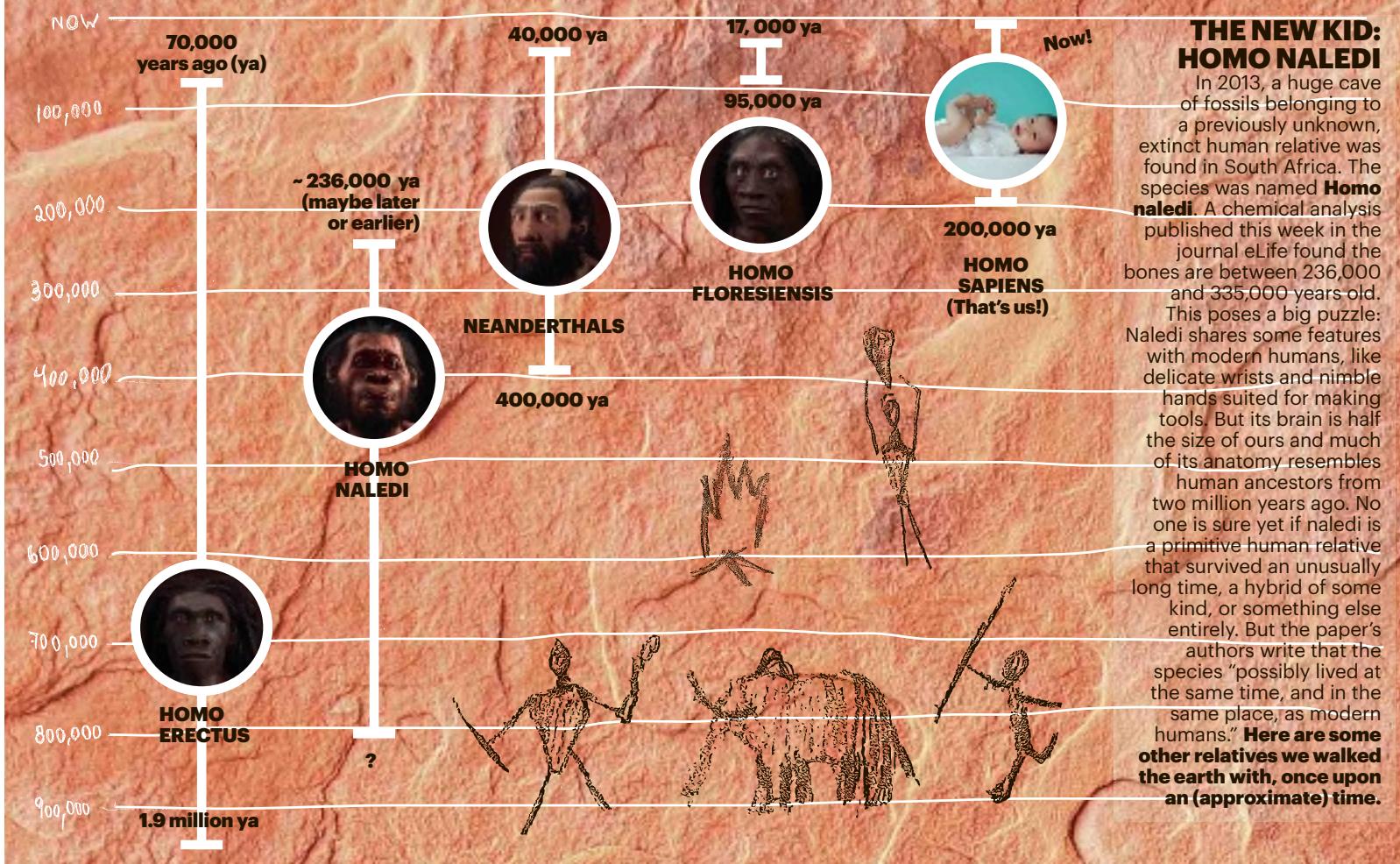
Your essential science news

Fountain of youth If you're trying to look younger, forget smiling and wear a shocked expression instead, says a new study

DECODED by Genna Buck and Andrés Plana

THE FANTASTIC HUMAN FAMILY

The "March of Progress" image, where the knuckle-dragging ape transitions to upright modern man, doesn't tell the whole story. For much of our species' history, *Homo sapiens* co-existed with other close relatives in the genus *Homo*. Like us, they were tool-makers, fire-controllers, maybe even storytellers. But they weren't *us*, exactly. And now our family tree has a new branch.



THE NEW KID: HOMO NALEDI

In 2013, a huge cave of fossils belonging to a previously unknown, extinct human relative was found in South Africa. The species was named *Homo naledi*. A chemical analysis published this week in the journal *eLife* found the bones are between 236,000 and 335,000 years old. This poses a big puzzle: *Naledi* shares some features with modern humans, like delicate wrists and nimble hands suited for making tools. But its brain is half the size of ours and much of its anatomy resembles human ancestors from two million years ago. No one is sure yet if *naledi* is a primitive human relative that survived an unusually long time, a hybrid of some kind, or something else entirely. But the paper's authors write that the species "possibly lived at the same time, and in the same place, as modern humans." **Here are some other relatives we walked the earth with, once upon an (approximate) time.**

FINDINGS Your week in science



HAIR-RACING SCHEME

Researchers in France are taking motorsport down a notch. Last month, six teams of nanotechnologists built race cars the size of a single molecule and went head-to-head on top of a head. Well, on a track smaller than the width of a human hair.

SOUND SMART

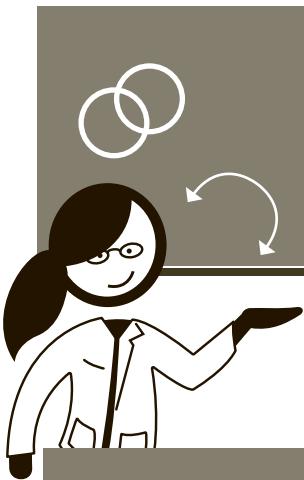


DEFINITION

A phenotype is the observable results of the combination of your **genotype** (what your genes say) and the influence of the environment.

USE IT IN A SENTENCE

Because of the genes (**genotype**) she got from her mother, Deborah's **phenotype** is that her earlobes are stuck to the sides of her head.



CITIZEN SCIENTIST by Genna Buck

The case of that one crazy study

Is it true humans were in the Americas more than 100,000 years ago? - Sarah, Toronto

It's true a study to that effect was recently published in *Nature*. It describes 130,000-year-old mastodon bones in San Diego, Calif., that appear to have been snapped by human hands, perhaps to make tools or extract the tasty bone marrow. The very heavy rocks found alongside them could be ancient anvils.

These findings are pretty wack. A large body of evidence

shows the first humans in the Americas crossed the ice between present-day Russia to Alaska between 15,000 and 13,000 years ago, not before.

Homo sapiens were still in Africa 130,000 years ago. But human relatives with whom we share ancient common ancestors had made it to Europe and Asia. So it's not insane to suppose they could have crossed into North America.

But claims that go against scientific consensus require extraordinary evidence. And there's

a history in this discipline of the type of dissenting scientists I call, for lack of a better term, crusaders.

They often hold appointments at prestigious universities and publish in peer-reviewed journals; though usually the same obscure ones over and over.

William Davis, a.k.a. the Wheat Belly guy, believes bread is the source of all our ills. His dairy counterpart, Neal Barnard, is on a crusade against a "dangerous" and "addictive"

public-health menace: cheese. Frederick vom Staal and a few of his close colleagues at the University of Missouri are convinced consuming trace amounts of BPA poses an imminent danger to health, a position regulatory agencies and toxicologists have refuted. Sometimes crusaders are proven right. But that only happens after the discovery of more, better, and independent evidence.

Science Question?

genna.buck@metronews.ca

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IN FOCUS

On media duty, King Arthur's main men are sharp as swords

Richard Crouse
For Metro Canada

Guy Ritchie's films have entertained me for years but I'm afraid he didn't find me very interesting.

The incident happened during my press day with Ritchie and Charlie Hunnam, the director and star of King Arthur: Legend of the Sword. I first spoke with them for television. Hunnam answered my opening question about the film Excalibur, a precursor to their movie, enthusiastically. But I could feel Ritchie disengage. He sat back and went into autopilot, answering my questions by rote. The rest of the interview flew by in a flurry of quips and tossed off answers.

Half-an-hour later I sat with them again to do a longer interview for print.

"I'm glad we can make amends," said Hunnam as I came in the room. "It seemed like you wanted to have a proper conversation and we were having a bit of a jolly up."

The whole experience was an example of the yin and yang of movie promotion. The yin was Ritchie, an intense man who refers to the walking a red carpet as "a dog and pony



Charlie Hunnam (right) is the yang to his King Arthur director Guy Ritchie's yin — when it comes to promotional work. CONTRIBUTED

show" before adding that's not what he's here for.

The yang is Hunnam, an engaging actor who said, "We don't make these things to live on in obscurity, we make them with the hope that people will see them and this is one of the ways we can help manifest that."

The duo have been all over the world talking to media people with perfectly coiffed hair and big smiles, answering the same questions on repeat. By the time I get them there's

nothing new to ask about their update of the Arthurian legend. But there is an unspoken contract between my interview subjects and me.

Whether it's for television

or for the paper you hold in your hands, the deal is the same. They say something interesting and I report it. They get publicity and I get a story that my audience will hopefully enjoy.

As Ritchie sat with his arms folded across his chest, I thought about our "contract" and the difference between the two men.

Despite his tabloid appeal — for a time the British press made a sport of reporting on him — Ritchie strikes me as a private person. He's more interested in what he'll be working on next than the film he spent years making and has now signed off on. Or perhaps it's that, as a director, he's used to

being in control and in these situations he has to cede power to the interviewer.

"We both know why we're doing it," Ritchie says, "but the red carpet last night, I'll tell you, I felt soulless after that. After ten minutes get me off there because it takes me hours to recover."

Hunnam, the performer, is immediately warm and open. When Ritchie talks about losing patience on press days Hunnam jokes, "Guy Ritchie leaves the room and Johnny Nasty shows up."

Luckily, Johnny Nasty never showed. By the end of our time together the ice broke, Ritchie's arms unfolded and he smiled. I'm not sure what happened other than he seemed to warm up to me when we talked generally about film and not specifically about King Arthur.

We traded stories, discussed King Arthur, an actor's connection to their director and not being imprisoned by fear. Maybe it was just me but for a moment it felt like we were talking over a beer in a bar and not fulfilling our respective contractual duties. It was, in his words, a little less of a dog and pony show.

"I feel more satisfied now," said Hunnam as I left and another press person walked into the room to repeat the process. "I really felt bad after the [television] interview [with you]. I thought, 'Man, that's a serious cat and we really just f-ed around for four minutes.' I'm glad we got into some of the nitty-gritty."



MOVIE RATINGS by Richard Crouse

Snatched ★★★★
King Arthur: Legend of the Sword ★★★
The Wall ★★★
Bon cop, bad cop 2 ★★
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Discover bluefin tuna fishing in P.E.I.

ADVENTURE

The province is the bluefin tuna capital of the world

Jennifer Bain
For Metro Canada

Things get rowdy on the Shine Shack at 10:55 a.m., two hours into our private tuna charter on the Gulf of St. Lawrence. The fish finder goes berserk. There's a tuna nearby. Captain Gerard Holland rips open a cardboard box filled with a bag of herring. He and first mate Jamie Hebert toss pieces of dead, stinky fish overboard to tempt the tuna.

It's windy so guts and scales fly back and get tangled in my hair. Fishing. You either love it or you just don't get it.

"Most people, the average Joe, just want a whale-watching tour," allows Holland. "Catching a tuna can be a long, hard process."

People come from all over to fish here in the bluefin tuna capital of the world. Today, three friends from Drummondville, Quebec have booked with Wicked Sea Adventures.

First, we put out lines and troll for mackerel. They go into buckets filled with water until needed as live bait. When the tuna alarm beeps, the mackerel lines come up and three custom tuna fishing rods are let out with live

WHEN YOU GO

Do this: Wicked Sea Adventures offers private catch-and-release bluefin tuna fishing charters for \$750/half day and \$1,250/full day for up to eight people. You can join public group charters for about \$135/half day and \$200/full day. The company also offers deep-sea fishing, whale-watching trips and lobster demos.



bait on the hooks.

"I'd like to get a 1,000 pound one today," admits Hebert. "Call the wife and kids, tell them to come to the shore, watch the crane, get pictures."

Tuna charters in Prince Edward Island are usually catch-and-release. Unbeknownst to us, today is supposed to be different.

Holland pays upwards of \$40,000 a year for the right to run catch-and-release charters and keep one tuna a year. Today, he figures, will be the day to tow the tuna back to the dock, have a crane lift it to be weighed, and then entertain offers from North American buyers or send it to Japan on consignment.

"There's a fish right there," Holland yells at 11:19 a.m. He has been tracking a "boil" — sort of a swell or wave — beside the boat. We rush to the

Get there: I flew Air Canada direct to Charlottetown.

Get around: Rent a car to get around.

Stay: Stay at the Holman Grand Hotel in Charlottetown.



A fisherman catches a bluefin tuna off the coast of Prince Edward Island. JENNIFER BAIN/TORSTAR

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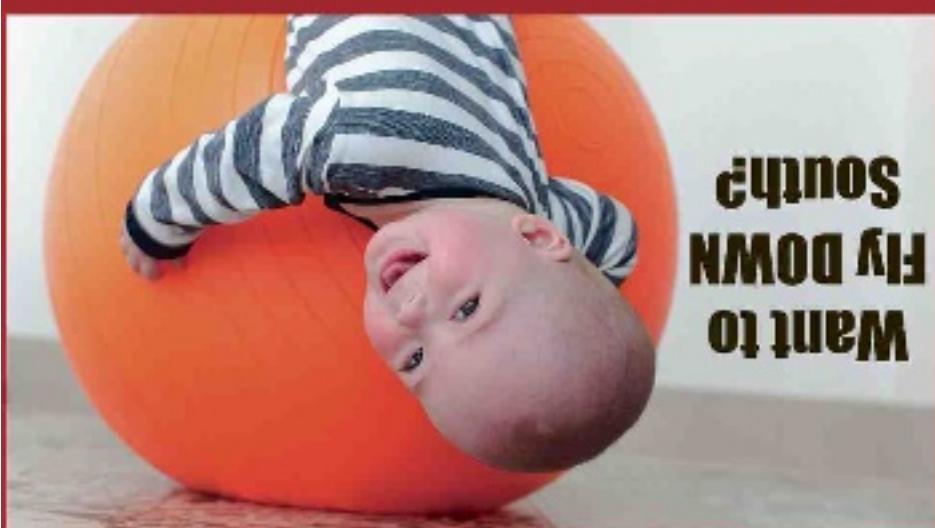
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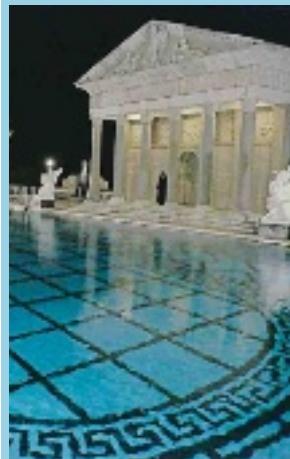
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Pool season almost here at Hearst Castle

Visitors to Hearst Castle on the central California coast will see its extravagant Neptune Pool full of water this year. A signature element of the palatial home that early 20th century media mogul William Randolph Hearst built, the pool was drained in 2014 and repairs have been underway for over a year. Restoration of the 345,000-gallon pool should be complete by late summer or fall. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS



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Ohio tourism up

Data from a study shows continued growth in Ohio's tourism industry last year. Direct visitor spending in 2016 was estimated at \$34 billion, an increase of about a billion dollars from 2015. Tourism visits to and within Ohio increased from 207 million in 2015 to 212 million. Nearly 42 million of those were overnight trips. Overnight visitors spend, on average, more than three times the amount of daytrip visitors. THE ASSOCIATED PRESS

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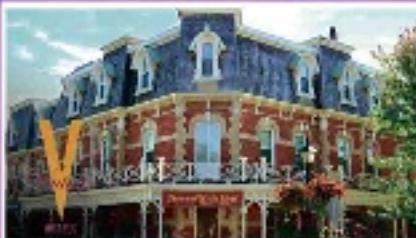
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OTTAWA

Formidable foes await Senators

SERIES PREVIEW

Murray
Pam
FOR METRO

If the Ottawa Senators wish to advance to the Stanley Cup final, they will have to go through the reigning champion Pittsburgh Penguins. And it will be a daunting task.

From the outset of the playoffs, Senators coach Guy Boucher has played the underdog card. His club certainly will be just that in the Eastern Conference final.

The Penguins open the series with a pair of solid netminders. Marc-Andre Fleury has started all 12 of his team's games after Matt Murray suffered a lower-body injury in warmup prior to their first playoff game. Fleury posted a 29-save shutout in the Pen-

guins' Game 7 victory over the Capitals and will likely be coach Mike Sullivan's starter, but a healthy Murray is waiting in the wings if Fleury falters.

Led by stars Sidney Crosby and Evgeni Malkin, the Penguins forward core may be the deepest in the league. Crosby has amassed 14 points in 11 games, Malkin leads playoff point getters with 18 (five goals and 13 assists) and rookie Jake Guentzel's nine goals tops all NHL post-season marksmen. The supporting cast isn't half bad either: Nick Bonino, Patric Hornqvist, Phil Kessel and Bryan Rust contribute on a regular basis.

The Penguins blue line is without star power. All-star Kris Letang is shelved for the season after back surgery. With eight points in the first

two rounds Justin Schultz provides offence from the back end. Meanwhile, veteran Trevor Daley suffered a lower-body injury in Game 5 versus the Capitals, and his status remains unknown.

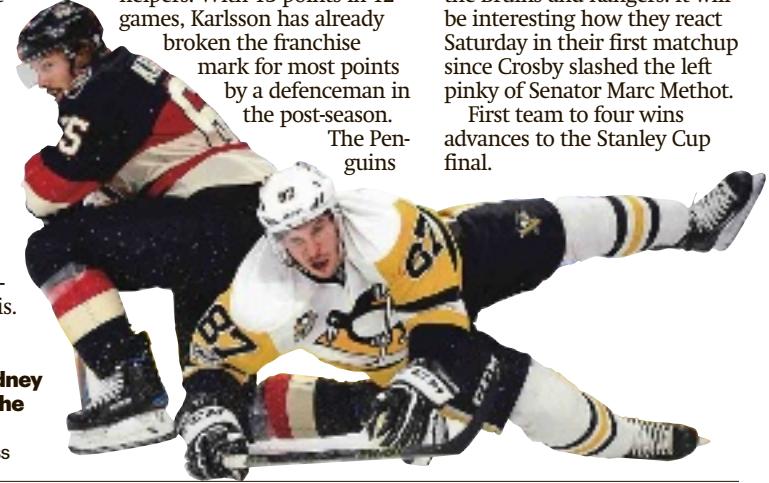
From the loss of Craig Anderson for two and a half months, to injuries plaguing key performers all campaign, the Senators dealt with their share of adversity. Boucher and staff have kept the team focused, playing within their means.

Derick Brassard and Bobby Ryan are stepping up after underwhelming regular seasons. With four assists in two games, Clarke MacArthur is rounding into form after a two-year layoff. Mark Stone and Kyle Turris appear to have found their scoring touches after a slow start offensively

in the opening rounds. Then there's Jean-Gabriel Pageau's seven-goal performance.

But it's been the goaltending of Anderson and the jaw-dropping performance by Erik Karlsson that's led the Senators. Anderson's numbers are not as strong as one would like — 2.49 goals-against average and .914 save percentage. However, the soon-to-be 36 year-old has made key stops when the game is on the line. Seven one-goal contests and five overtime wins attest to this.

Erik Karlsson and Sidney Crosby will clash in the Eastern Conference final. THE CANADIAN PRESS



have history on their side, winning three of four previous series matchups. However, this Senators group showed it's no pushover after knocking off two Original Six teams in the Bruins and Rangers. It will be interesting how they react Saturday in their first matchup since Crosby slashed the left pinky of Senator Marc Methot.

First team to four wins advances to the Stanley Cup final.

IN BRIEF

Canada gets a scare from France, improves to 4-0
Marc-Edouard Vlasic scored the winner as Canada survived a scare in a tight 3-2 win over co-host France on Thursday at the world hockey championship.

Canada improved its record to 4-0 despite falling behind an opponent for the first time in the tournament when Damien Fleury put France up 2-1 on the power play at the 1:37 mark of the second period.

THE CANADIAN PRESS



You look at any team that has won and been good for all these years, they start with a disappointment and we've done that.

Connor McDavid after the Oilers were eliminated in Game 7 with a 2-1 loss on Wednesday night in Anaheim

PITTSBURGH

Sullivan spurs Pens back to East final

The Pittsburgh Penguins looked like they needed a day off. Maybe more than one.

And yet there the defending Stanley Cup champions were on Tuesday morning, dressed and skating barely 12 hours removed from a listless Game 6 loss to Washington that put Pittsburgh's bid for a repeat in serious peril.

The Penguins weren't there to get loose. They weren't there as punishment. Mike Sullivan had a point to make. Namely, to stop being passive bystanders while the Capitals attacked and attacked some more.

So for more than half an hour Sullivan zipped around the ice, whistle at the ready. Intermittently he'd hammer home a point with his thick Boston accent ping-ponging off the walls and over the din.

"There's times where you need rest, there's time where you've got to work on some things and try and get better," forward Bryan Rust said. "And that was our goal (Tuesday) and we accomplished it."

The proof came in Game 7 on Wednesday night, a clinical 2-0 victory over the Capitals that sent Pittsburgh to the Eastern Conference final against Ottawa. While Sullivan deflected any praise in the aftermath, the Pen-



All that's behind me and I'm just focused on the series.

Marc Methot says he's not thinking retaliation on Sidney Crosby, who badly lacerated the Sens defenceman's pinky finger on a slash in a March 23 game. Methot missed the last nine games of the regular season and one playoff game

guins understand their ability to summon their best when they absolutely need it is due in no small part to Sullivan and his knack for saying the right thing at the right time.

"(As for) motivation, he does a heck of a job. He's got a real feel for the pulse of our group," said 40-year-old forward Matt Cullen, who has bounced between seven teams during his 19-year career.

THE ASSOCIATED PRESS



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MAKE IT TONIGHT

The Ultimate Coconut Chocolate Banana Bread

Ceri Marsh &
Laura Keogh
For Metro Canada



PHOTO: MAYA VISNEY

The search is over! This loaf is the ultimate banana bread combining loads of chocolate, flakey coconut and slivered almonds.

Ready in 1 hour and 10 minutes

Prep time: 15 minutes
Cook time: 55 minutes
Makes: 1 loaf

Ingredients

- 1/2 cup unsalted butter (1 stick)
- 1 cup sugar
- 1 egg
- 3 bananas, mashed
- 4 tbsp almond milk
- 2 cups spelt flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup chocolate chips
- 1/4 cup slivered almonds
- 1/4 cup unsweetened flaked coconut

Directions

1. Preheat your oven to 350 and grease a 9x5 inch loaf pan.

2. Set aside. Cream butter and sugar with a hand blender or stand mixer. Add one egg. Mix in mashed bananas and almond milk.

3. In a separate bowl, whisk flour, baking powder, baking soda and salt. Add flour mixture in stages to butter mix incorporated after each addition. Fold in the chips, coconut and almond slivers. Pour into prepared baking pan; tapping pan down to make sure it's evenly distributed.

4. Bake in the oven for 50 to 55 minutes or until a toothpick inserted into the centre comes out clean. Cool on a rack for a few minutes. Turn out of pan and store in a plastic bag for up to a week.

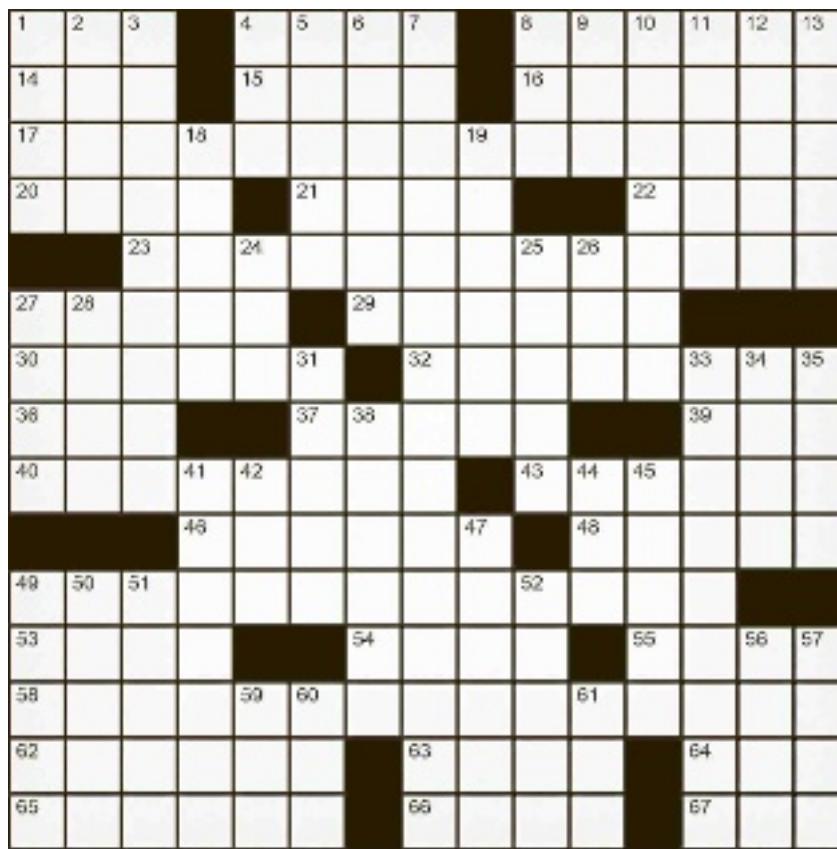
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BY KELLY ANN BUCHANAN

ACROSS

1. ' ' for Digby
4. Reckons
8. Least wild
14. Grocery store, e.g.
15. Get set, for short
16. "There __ many people!" (It's so crowded!)
17. Bre-X, basically: 3 wds.
20. Latin hymn: "Dies __"
21. Ms. Russell of "Felicity"
22. __ Miracle" by Culture Club
23. Narrating protagonist in Canadian writer Robertson Davies' 1970 novel Fifth Business: 2 wds.
27. Room-enough-to-fit requirement
29. Retro album's protection
30. Author: French
32. Theatrical production backdrop: 2 wds.
36. "Diamonds __ Forever" (1971)
37. Impede, in law
39. Mon's weekly follower
40. Ukraine: Odes-sa = 'The Pearl of the __'
43. Canadian sweets shoppe, Laura __
46. Detect that noise: 2 wds.
48. Old El Paso creations
49. One might offer ziplining, hiking, water slides, and loads of other fun activi-



53. Barberian
54. Nero's 1151
55. Night __ (Staying-up-late people)
58. Couch potato's prized techie possession: 2 wds.
62. Ms. Shire's of "Rocky" (1976)
63. Rockefeller Center muralist
64. Olive of cartoons
65. Kiosks
66. Cupid's ancient Greek counterpart
67. OR on-callers

DOWN

1. Techie-sounding prefix
2. Pet bat on "The Munsters"
3. Orange Pekoe brand: 2 wds.
4. Music pace in 60 seconds [acronym]
5. Mr. Estrada's
6. Principles
7. Space-saving access in a multi-level condo: 2 wds.
8. Identify
9. Rover's response!
10. Prosper __ (19th-century French writer)
11. Les __-Unis (USA)
12. The March King'

John Philip __ (b.1854 - d.1932)
13. NBC's morning show
18. Mr. Bigalow, Male Gigolo
19. Workday hours, __ five
24. Modern: German
25. Collects, as crops
26. Li'l norm
27. Swedish car
28. Knit one __ two...
31. Convened for a meeting once more
33. Kim of Canadian trio Shayne
34. 2002-debuting coin
35. Mr. Knight's
38. Skincare formulas
41. Gourmet's parsley
42. Mattel guy
44. 7th Greek letter
45. Ricochet shot in billiards
47. Penn & __ (Magic act)
49. Borders
50. Robert of "Goodbye, Mr. Chips" (1939)
51. "There you are!"
52. FOX News host, Judge Jeanine __
56. Space travel distance, for short: 2 wds.
57. Salts, in Sherbrooke
59. 'Arbor' suffix
60. Beatles drummer's initials-sharers
61. Abbr. aliens

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20

You are so enthusiastic that you can sell anything to anyone today — your words are like gold! This is a great day for those of you who sell, market, teach, act, write or drive for a living.

Taurus April 21 - May 21

"There's money in them thar hills!" Oh yes, your enthusiasm will attract money to you today. You will do well in all financial negotiations. Ka-ching!

Gemini May 22 - June 21

You can take it to the bank today, because you are powerful. No matter what you do, you will come out smelling like a rose. Use this strong energy for creating good in the world around you.

Cancer June 22 - July 23

You appreciate the behind-the-scenes support you get from others at this time. Something good and beneficial will come from this. Look for ways to make this happen.

Leo July 24 - Aug. 23

Your ability to deal with others today, especially in groups, is stellar! Today you are a natural leader, which is why everyone will take their cue from you. Ah, maestro!

Virgo Aug. 24 - Sept. 23

Today your ambition is aroused. You will act with skillful means, which is why this is an excellent day to talk to bosses, parents, teachers, VIPs and the police. You look like a winner!

Libra Sept. 24 - Oct. 23

This is a fast-paced day full of detours and exciting changes! Even your mind is full of quickly changing thoughts and clever ideas.

Scorpio Oct. 24 - Nov. 22

Travel plans totally appeal to you today. This is the perfect day to discuss matters related to publishing, the media, medicine, the law and higher education.

Sagittarius Nov. 23 - Dec. 21

You couldn't pick a better day to discuss inheritances and shared property because everyone probably will be fair; nevertheless, you are in a winning position. Oh, yes! Do something.

Capricorn Dec. 22 - Jan. 20

You will be extremely productive at work today. You have great energy and wonderful intuition about how to use it to get the most bang for your buck. You also feel healthy and vigorous!

Aquarius Jan. 21 - Feb. 19

This is the perfect day for a vacation. It's also a great day to schmooze with your friends and enjoy social outings, sports events and playful activities with children.

Pisces

Feb. 20 - March 20
Whatever you do at home today will bring about positive results for you. Likewise, this is an excellent day to pursue real-estate deals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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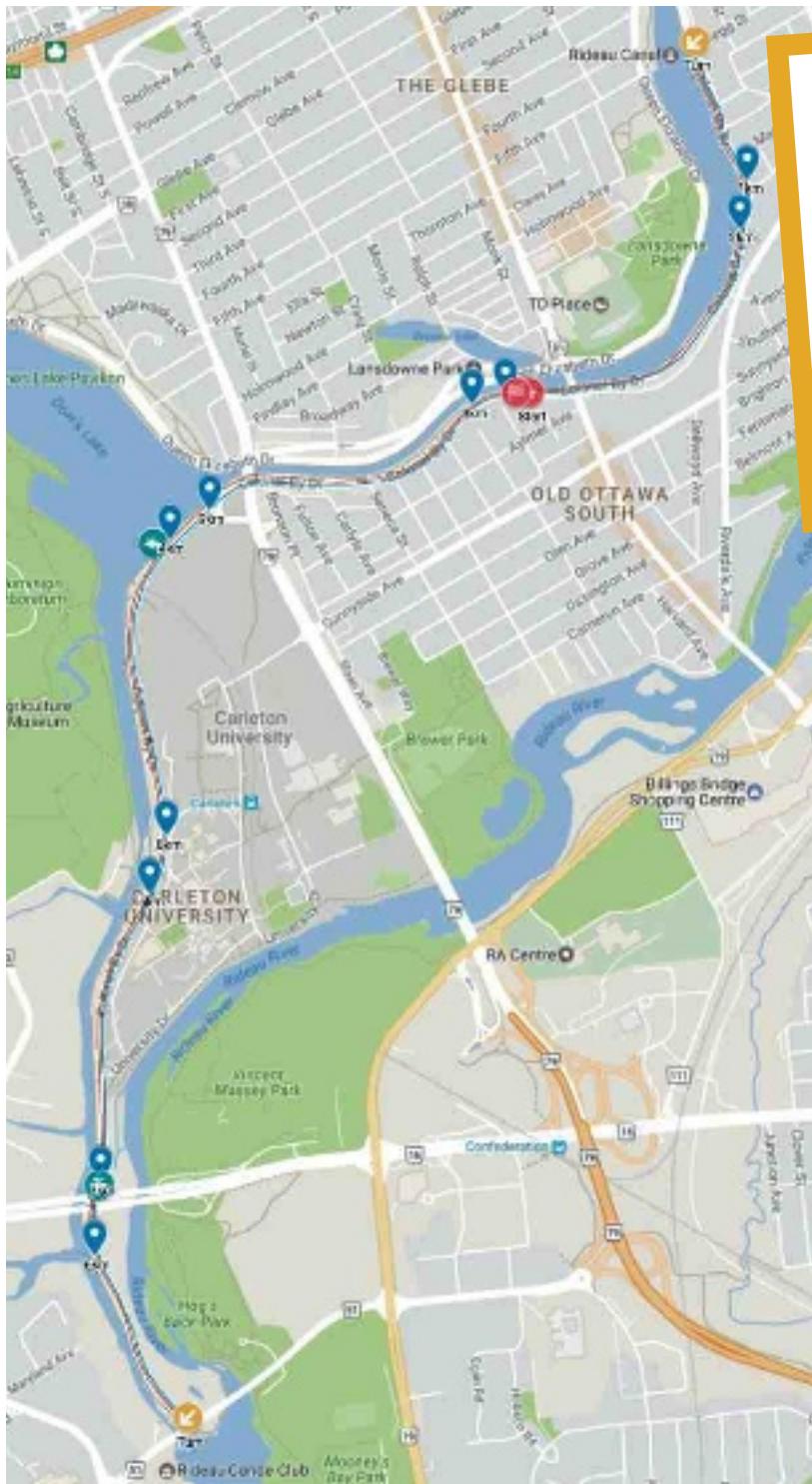
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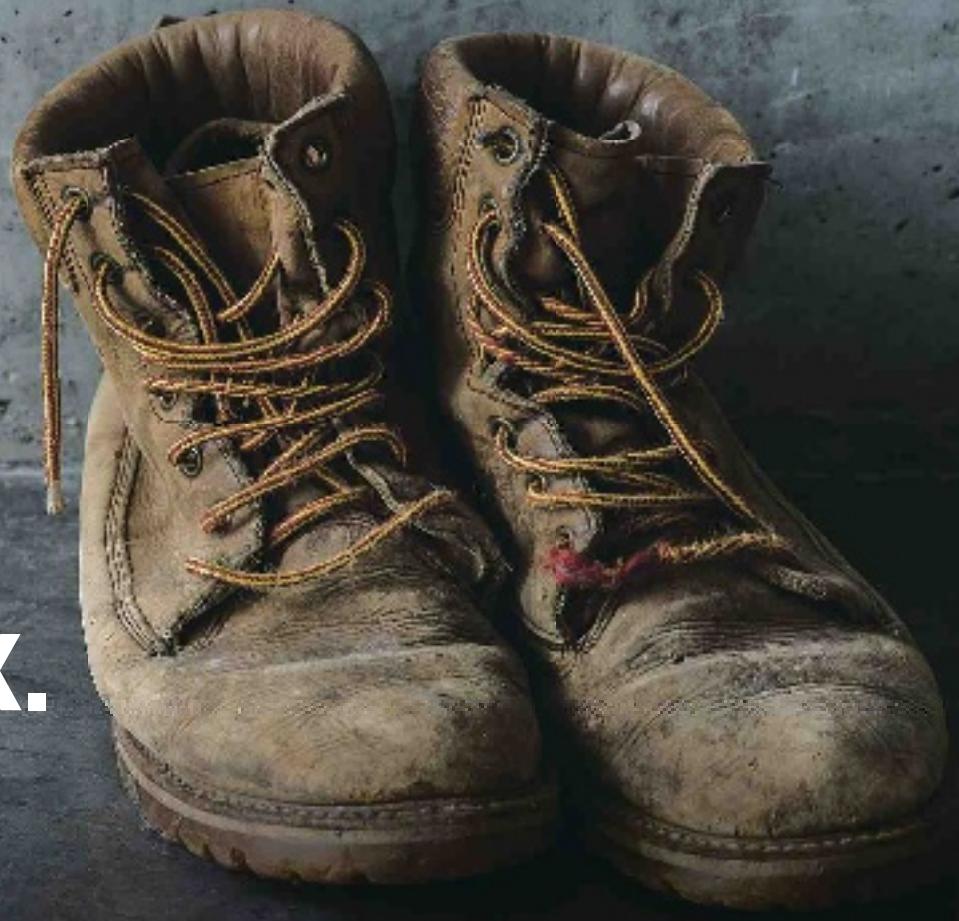


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